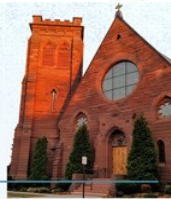


The Messenger

St. Paul's

A progressive community of faith with ancient roots.



*July-August
2023
Volume 26
Number 12*

Unfolding Moments and Save the Dates *by Marna Franson*

Hello All. I would like to highlight some offerings that are going on in the Diocese, in the community, and in our parish. Hope that this list inspires us!

1. *Covenant Group Update and Invitation:* The newly formed Covenant group has begun meeting regularly at St. Paul's on the first and third Tuesdays of the month from 5:30 to 7:30 p.m. On the first Wednesday of the month, the current Ministry Support Team joins in the formation. The group has decided to study Church History as our first module and has chosen a book by Karen Armstrong as the first book to read portions of. Chet DeFonso is going to choose selections to read. If anyone in the congregation is interested in joining in the Covenant group formation, they are welcome to do so.
2. *Aging Expert to come talk on Spirituality and Aging September 23.* My good friend and colleague Dorothy Linthicum, former professor of Formation at Virginia Theological Seminary, will be in Marquette from **September 20th** to the **25th**. St. Paul's is hosting her visit. She will, among other things, be leading a morning workshop on Spirituality and Aging: Seven Practices to keep us close to God.
3. *Tom Brackett, Missioner for New Church Starts & Missional Initiatives,* will be joining us at Garden Grove at the end of September for a Mission Development conference. If interested in coming, let Marna know.
4. *Caregiver's Corner:* the Second Wednesday of every month, my friend Debbie and I co-host an online support group for Caregivers at 1:30 p.m. on ZOOM. All are welcome. Trudy Gray, a caregiver with a lot of experience, pointed me in the direction of a wonderful website with resources for caregivers. Check it out for support as well: <https://www.wellmedcharitablefoundation.org/caregiver-support/caregiver-teleconnection/>
5. *SoulShop Suicide Prevention Training. Asylum Seekers and Refugees:* The next SoulShop training will be **August 30th** at Messiah Lutheran Church. Who would like to come? Please talk to Marna or Sierra about joining this great opportunity.
6. *A Women's Lectionary:* Using this resource during liturgy has been lifegiving to many of us in the congregation. We will continue to use it for the rest of growing season. As Rayford Ray said about the use of this lectionary, "Now that is a novel idea to hear stories (voices) of women when more than half of the world's population is made up of women! I am more than happy to say 'YES'" Here is a link to the lectionary in case you want to buy one for yourself: <https://www.churchpublishing.org/womenslectionaryforthewholechurchyeara>
7. *Marquette County Suicide Prevention Alliance Meeting:* The MCSPA meeting is held every first Tuesday of the month at 12 noon. It is a wonderful time to hear about proactive efforts around Suicide Prevention. I attend each month and would love some company. Let me know if you would like to go with me.
8. *Discernment/Discovery:* We are constantly being nudged by God into fullness of life. This is the essence of listening to God. Mutual Ministry means that we all, in this place, support the ministry of each other, for each of us are ministers in God's Church.
9. *ICE CREAM WITH MARNA:* A month ago I was exposed to delicious ice cream in Ishpeming. Perhaps some of the best I ever had. I made a vow not to eat ice cream alone this summer, but/and am so very willing to "go out for ice cream" with anyone who invites me. My number is 906-458-6395. My email is marna@upepiscopal.org.

Update from the Outreach Committee *by Mary Sullivan*

The Outreach Committee met on Thursday, June 15th. Here's what we discussed:

- *Camp New Day* – 24 fleece-tied blankets have been made for the campers! Thanks to Carol and Bob Potrzuski for organizing this and to all who donated money to purchase the fleece and those who donated their scissor-cutting and tying skills to make these blankets. They are truly a favorite of the campers. BTW – Camp this year will be Monday, **July 17** through Saturday, **July 22**. Volunteers are needed to drive campers to and from camp. See Carol and/or Bob if you are interested and available.
- *Community Meal* – we were happy to have Cathy and Fred Cole in on this discussion. Community meal seems to be running smoothly and is much appreciated by our neighbors at Pine Ridge and Snowberry Heights. The number of guests has increased since we resumed CM in November – there were 35 guests and St. Paul's members at the May meal! We decided that the “coordinator” position will be shared on a rotational basis by Outreach committee members. Coordinators will ensure that there are at least 2 hosts from 2 different households for each monthly meal. Those hosts will set the “main dish” menu and all are invited to help fill in with the “sides.” Hosts are also responsible for set-up and clean-up and a detailed list of what that involves is available on the Outreach information table and also posted on the kitchen refrigerator. We find that CM guests are very helpful when it comes to clean-up! Thanks to all who contribute to Community meal – it not only provides food, it provides community and socializing. **Please help the Coordinators out by VOLUNTEERING for a month that works for you!!!!**
- *Habitat for Humanity* – we will again be providing 3 lunches for volunteer builders. The dates are **August 14, August 21** and **August 28**. Jacquely Shellenbarger is coordinating this. And remember: donate to and shop at Habitat ReStore in Harvey. Great stuff and great prices and it benefits H for H.
- *Team Brownsville* – Sue Micensky reported that 100-150 people are welcomed and served by TB volunteers.
- *Feeding America West MI* – the Diocese and ecumenical partners are launching a fundraising campaign this summer. The goal is \$100,000 and a matching grant of \$10,000 has already been established. No donation is too small – the latest impact report from FAWM indicates that \$1 = 30 nourishing meals. ALL donations received in this summer campaign go to food pantries and mobile distributions in the U.P.
Mobile distribution dates: July 5th - Munising, July 12th – Sawyer Village, and July 19th – Marquette. August 2nd – Munising, August 9th Sawyer Village, and August 16th – Marquette. If you know of someone who would benefit from a food distribution but does not have transportation to the sites, it is ok for you to pick up a distribution for them. (You will be asked to provide name, address, and demographic information for data purposes.)

The *Outreach Ministry of the Month* for July is Almoners. Almoners provides for emergency needs for members of St. Paul's and other known to us. Questions? Ask Pat Micklow, Arlene Gordanier, Sue Micensky or Mary Sullivan.

Outreach Ministry of the Month for August is Team Brownsville. Questions about their work – ask Sue Micensky or Frank Kerwin.

“In appreciating our neighbor, we are participating in something truly sacred.” ~ Fred Rogers

From Bob Railey

Season of Creation

Seasonal Planners have decided to celebrate BOTH the Season of Creation AND the Women's Lectionary during the period **August 20** through **October 2**. All readings except the Epistle will be from the Women's Lectionary. Readings in the Epistle slot will be from the writings of Hildegard of Bingen, (well known for her work on environmental subjects) chosen for their relation to the Creation theme of the week. Liturgical texts (Prayers of the People and Eucharistic Prayer) for this period will be from recent Seasons of Creation. Preachers will have the option of using Creation theme of the week or Women's Lectionary theme. Note that, beginning this quarter, newly-discerned preachers are being given the opportunity to "practice preaching" up to once/quarter.

Fall Quarter Schedule

The usual Fall Quarter schedule (October through December) will be posted from **August 13** through **September 10** for folks to sign up for specific roles on specific dates or to tell me when not to schedule you. We are still missing many names of folks who had served in roles prior to the pandemic; if you had served earlier, would you be willing to do so again? Ask Bob Railey if you have questions about doing so.

Completed Fall Quarter schedules will be distributed **September 17**.

A Note from Nancy Railey

Please accept thanks from my heart for all your good wishes in the form of cards, notes, visits, and prayers. I have never been so aware of the love that circulates throughout our community at St. Paul's. Many, many thanks—you are helping Bob and me to get through this difficult time and we are so grateful.

Liturgical Leadership

Sundays:

<u>Date</u>	<u>Sunday</u>	<u>Preside</u>	<u>Preach</u>	<u>Deacon</u>
July 2	Prop 8	Bob R.	Bob R.	Coralie
July 9	Prop 9	Jim S.	Jim S.	Pat
July 16	Prop 10	Marna	Marna	Judy
July 23	Prop 11	Marcia	Mohey	Coralie
July 30	Prop 12	Bob R.	Judd	Pat
August 6	Prop 13	Jim S.	Bob R.	Judy
August 13	Prop 14	Marcia	Marcia	Coralie
August 20*	Pr 15/Cr 1	Marna	Marna	Mary
August 27	Pr 16/Cr 2	Bob R.	Judd	Pat

**Start of seven-week Season of Creation (through October 2)*

The deadline for the September edition of
The Messenger
Friday, August 24, 6 p.m.

Pilgrimage to the Abbey on Iona, Scotland

Combined Campus Ministry NMU

By Marna Franson

From May 27th until June 2nd, a group of six mentors and seven NMU campus ministry participants lived in the Iona Abbey and participated fully in the life of the community. The mentors were three campus ministry pastors, a member of the Lutheran Synod staff, a volunteer from a supporting congregation, and a parent. The idea for this trip grew from a recognition by Bre Kinnunen, Lutheran Campus Minister, that international study and immersion in community was formative in her life and, she felt, would be pivotal in the lives of twenty-somethings as they launched into adulthood. Indeed this assumption was validated when, at the end of our week on Iona one of the staff members took us aside and said this: “The ripple effect of having brought these young adults here is going to be huge. You have all done such a good thing getting them here.”

The Iona community describes itself as “an international ecumenical Christian Movement working for justice and peace, the rebuilding of community and the renewal of worship.” Indeed this was our experience. From the first moment of being greeted at the jetty and brought to the Abbey for tea, biscuits, and orientation to the last moment of a commitment service and being waved off from the jetty by the entire Abbey staff, we were immersed in a process of active listening, encouragement to participation and relationship, welcoming worship, and challenging embodied spirituality. We ate food that resonated with earth-friendly practices. We cleaned bathrooms, toasted bread, assisted in worship, mopped floors, set tables for meals. We talked with strangers who became friends, and we participated in programming that connected us to God, to each other, to the land, and to the work of peace and justice.

You have to want to get to Iona to journey there. The physical journey from the UP is a two day one at least: from here to Scotland and then across Scotland by train to the island of Mull, then a ferry to Mull, a bus ride across Mull to the final connecting ferry that delivers one to Iona and the Abbey. Yet the effort to get to Iona began months ahead of time with logistics hammered out, a budget created, multiple fundraisers executed, individuals raising their own support, outfitting ourselves with passports, hiking boots, rain gear, and prayers. We studied Celtic Christianity and began to get comfortable with not really knowing what was ahead.

The results of the pilgrimage, who we will become, what we will do, as a result of our time there are yet to be seen, but the effort of going away to live in community has already shown promise. One of the participants, on the last night of our stay at the Abbey, during an open-mic celebration, shared a poem that they had written about their time on Iona:

Breath of the Isle *by Freddie Neufeld*

Can you see it?

The green-covered hills as the craggy stones peek out, inviting you, asking you to climb,
to greet the morning sky.

The pink stones of mull, shining in the evening sun.

And the church walls of granite, lending refuge to the people within.

Let me look into your face and know you and see the reflection of love in your eyes.

Can you hear it?

The warbling calls of sparrows and skylarks

merging with notes of singing as pilgrims chant the melodies of the land's memories.

The stones breathe on this island.

The lambs cry out, the oyster catchers shriek, and the jackdaws call.
Sitting in the hermit's ring of stones, I realized that it was not the stones
but a reflection of my own slow, deep breath.
A breath that steadies in contemplative silence or quakes when calling out injustices.
A breath that propels a voice.

Can you feel it?

The rumble in your core before a belly laugh, as we turn a solemn bible reading into louder-than-life dramatics.

The smile spreading slowly as strangers being vulnerable turn to steadfast friends. And a sigh in awe escaping your lips as tiny puffins fly.

There is magic in these hills, among the buttercups and daisies.

This beautiful place has changed us, and now we can cycle that change forward. But we already knew that. We just had to relearn it.

Can you see it? Can you hear it? Can you feel it? Our souls are beginning to sing.

MSTYC

Ministry Support Teams' Yearly Conference

September 29-30, 2023

Garden, Michigan

Join us at beautiful Garden Grove Retreat Center as we explore the *Two Loops Theory of Change* with Tom Brackett, Missioner for New Church Starts & Missional Initiatives in The Episcopal Church.

Brackett reflects, "Our shared vitality depends on having faith communities in all different stages of the life cycle." Our time together will allow us to honor and reflect on the stages of life we find ourselves in as congregations in the Upper Peninsula.

All are welcome! \$75 registration fee includes lodging and Saturday meals. (Financial assistance is available).

Episcopal Diocese
of Northern Michigan



Tom Brackett

St. Paul's will be providing lunch to Habitat for Humanity workers/volunteers three consecutive Monday's in August. In the past we have provided a lunch once each month in the summer but by having it three weeks in a row (August 14, 21, and 28) on Mondays, would allow parishioners to drop off their food contribution into the church kitchen refrigerator or simply on the counter the day before and it will be delivered. If that's not possible, food can be dropped off at the Habitat house on M28 in Harvey before 11:30 a. m. the day of the meal.

To contribute, there are three lists posted on the billboard, one for each week's meal. There will be BBQ shredded meat and hamburger buns provided for each meal. A uniform menu will be used for each meal: two to three salads, brownies, a fruit tray and a veggie tray. When signing up, please include your telephone number. You will be notified before hand, since the lunch dates are so far in advance. The number of workers varies and we will be given the number of lunches needed before you are called. Any questions please contact: Jacquey Shellenbarger at 906-235-7533

From Lincoln Frazer, our parish financial report.

<u>Financials (as of 5/31/2023)</u>	<u>YTD Actual</u>	<u>YTD Budget</u>	<u>Tot. 2023 Budget</u>	St. Paul's Church Parish Financial Report (January through May 2023)	
Total Income	\$45,104	\$46,479	\$111,800		
Expenses for Operations	\$69,983	\$69,940	\$165,053		
Net Church Operational Loss	(\$24,879)	(\$23,461)	(\$53,253)		
Non-Routine Bldg. Repair Expenses	\$460	\$1,000	\$3,700		
Net Overall Church Loss	(\$25,339)	(\$24,461)	(\$56,953)		

<u>Trust Asset Status (as of 3/31/23)</u>	<u>1/1/23 Beg. Balance</u>	<u>Investment Gain/(Loss)</u>	<u>Trust Exp. & Gains from Interest</u>	<u>Distributions To the Church</u>	<u>3/31/23 Ending Balance</u>
St. Paul's Trust (Church Operational Focus)	\$368,928	\$27,244	\$1,097	\$0	\$397,269
Shiras Trust (Bldg. Maint. Focus)	\$145,818	\$10,768	\$434	\$0	\$157,020
Important Notes: Total	\$514,746	\$38,012	\$1,531	\$0	\$554,289
1. Trust data is furnished on a quarterly basis. The last update was 3/31/23. The next update will be 6/30/23.					
2. In April and May of 2023 we've had to draw \$28,000 from the St. Paul's Trust for church operations. That's about 7% so far in 2023.					
Prudent financial management indicates we should withdraw only 4% to 5% <u>annually</u> if needed.					
3. We withdrew \$4,422 from the Shiras Fund for building improvements.					

A few thoughts from the *Grateful* conversation by Charlie West

In her book *Grateful*, Diana Butler Bass talks about daily or even hourly “gratitude interventions” – simple things cued into different activities or times of the day. It might be writing a thank-you note, saying grace before eating, keeping a gratitude journal, praying with “gratitude beads,” meditating, creating “gratitude rituals”. She keeps a single page of “gratitude prayers” by her bed and reads one each morning before getting out of bed!

In another place she talks about foresight, present-sight, and hindsight gratitude. So, I decided that as I start the day, I would think of one thing I was looking forward to that day and write a haiku about it. Then at the end of the day, I would think of one thing I was grateful for that actually happened and write a haiku about it. (I know – getting to be a lot of haiku’s, but they go pretty fast. After all, I said “a haiku,” not necessarily “a good haiku”!) So here are three from this week -

After Judd’s Father’s Day sermon about listening to old men tell stories -

Being a dancer
along the age borderline -
old men and stories.

Juneteenth foresight -
No newspaper today
and the library is closed -
time to reconnect...

Monday night hindsight -
We sit in silence,
wood floor, beams, Tiffany light -
bowls singing and gongs.

Gratefully,

The Messenger Team

Editor Meg Goodrich

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Lay-out - Jim Edwards



August Birthdays

Barb Carpenter	3
Sierra Larson	3
Christopher Maynard	15
Peter Goodrich	16
Peter Frazier, Jr.	20
Jacquey Shellenbarger	20
Mark Engle	21
Kay Payant	25

July Birthdays

Peter Frazier	1
Hermiz Mikhael	1
Kathy Binoniemi	2
Linc Frazier	16
Toni Landick	20
Jim Jajich	21
Betty Komula	25
Claude DeYoung-Patrie	26
Trudy Gray	26
Kim Carpenter	30

Team Brownsville-August Charity *by Sue Micensky*

In the summer of 2018, a couple of friends began helping asylum seekers when they crossed the border into Brownsville, Texas. They provided food, water, and blankets for bus rides as people traveled to join their sponsors. Then these friends started bringing food and water to a handful of people sleeping on the sidewalk at the base of the International Bridge in Matamoros, Mexico (the port of entry into the U.S.). As more and more people were prohibited from entering the United States, a refugee encampment developed in Mexico along the banks of the Rio Grande River. These friends started recruiting others to help.

Frank and I joined them in the winter of 2019. We fixed meals in our kitchen, gathered at the bus station in Brownsville, and pulled wagons of food and supplies into Matamoros. We weren't very organized in those days and sometimes brought big pans of beans and rice but forgot serving spoons! We watched the number of asylum seekers grow from 30 to 50 to 100 to 150. Everyone was looking across the river and waiting for a chance to enter the U.S. and request asylum.

When the number of meals increased to 1,700/day, Team Brownsville partnered with World Central Kitchen. Then we prepared food in a large truck and a church kitchen. We loaded salads, entrees, fresh fruit, and bottled water into wagons and pulled them into Mexico. In partnership with the asylum seekers, we operated a school, a library, and four free stores in the encampment.

Currently our main program is a Welcome Center in Brownsville where we greet asylum seekers, provide them with a simple meal, food, water, and activities for their journeys to wherever their sponsors are. Because of changes in Mexico, we can no longer provide daily meals, but we bring non-perishable food into the encampments whenever we can.

Team Brownsville is a not-for-profit corporation. All of our work is powered by volunteers and funded by donations. The community at St. Paul's has provided financial support and supplies. In August, you can help Team Brownsville by donating money, fleece jackets, or small stuffed animals.



Welcomers *by Arlene Gordanier*

Barb and Dan Carpenter, Charlie West, and Arlene Gordanier are the Welcome Squad. One for each Sunday of most months and the team huddles when we have five Sundays in the month. We each have our own style to welcome visitors, update events and happening during the week, or share a special event we all want to celebrate. We would really like to welcome some more welcomers---it's good to hear different voices---and see friendly faces. Barb and Dan are supremely vetted in the Welcomer role and Charlie, and I too would be glad to give you some helpful tips. One Sunday a month would help our Welcomers Welcome the Welcomed. Why not give it a try? Just give one of us an FYI.

Thanks.